

There was a time that talent and heavy promotion were ingredients in securing a successful career in music. For female R&B, that recipe has altered and the process has become more shallow: the ability to successfully create a photogenic image has become almost as vital as being capable of belting out a perfect tune.



Some talented performers luck out, in some cases enjoying platinum success without “revealing” too much. Jill Scott, Airie, and Leela James stand out as examples, and prove that with enough talent, critical praise, and word-of-mouth, many artists can achieve the level of success that they deserve without selling out.

But none of this applies to Teedra Moses, whose 2004 album, *Complex Simplicity*, was named one of the “Good We Overlooked” by *The Washington Post*.

An accomplished songwriter and former stylist to A-list acts like R. Kelly and No Doubt, Moses, along with producer (Black Eyed Peas, Nivea), created an album that won over critics but went unnoticed by the general public, which is why critical acclaim doesn’t guarantee success.

In her own words, she “ain’t one to be biddi-biddi bounce because everyone else is. Teedra’s plain goal was to write songs and be her own person, whatever that may be. Though she’s been loyal to her record label, even after poor sales, in most part, to lack of promotion.

“One A&R told me, ‘you could be the R&B Lil Kim,’” she still is in disbelief. “I’m looking at him like, ‘how the hell f



songs you listened to that I write, you get that I could be I like to be sexy, I definitely want men to look at me and wanna marry her,' or 'I wanna have sex with her!' I do. They are both compliments to me. I wear little shorts. I wear jeans and high heels, but it's not me trying, it's me being. I'm just not the kind of person that begs for that kind of attention.



And though Teedra recognizes signing to TVT has been in some ways because it is independent and smaller than Jive, Virgin, or Columbia: she can take a more hands-on approach with her project. But she is also aware of the label's lack of placement and inability to promote someone of her caliber, she says she isn't any different than the John Legend Fantasia's of the world. "They think I'm something totally different but the same people that listen to Pitbull listen to me, though they don't understand. They try to push listeners into the market. You have to have a target, and they don't know who the target market is because I can go so many different places. I'm a person that has a Bossa nova CD could have a Lil Jon. I'm a person that has a Raphael Saadiq album, which is more of a ballad, has Jadakiss. I don't care; just put me wherever, whoever grabs me. If you expose people to it, it's yours."

Moses also blames her inability to carve a niche on today's "good" music. When R&B artists have to sing hooks or rap songs to be distinguished from the rest, it is essential for an R&B artist's name to pop out in the early stages of his/her career and leave a mark. If given an opportunity, her music would speak for itself. Moses penned all of the 14 songs on Complex Simplicity, and they effortlessly evoke every sensation in the range of emotions. Covering love and sex, fabulousness, and play to difficult loss, Complex Simplicity exhibits sultry music tucked behind a voice as emotive as Winbush's and as supple as Prince's (two of her main influences) while crooning tell-all lyrics.

One of her biggest successes to this day is her original hit "Low," the song that put Christina Milian on the map. It was one out of the almost 50 songs Teedra has written since her first single "It Low" might just be the most commercial of all.

"My thing is R&B writing sucks," she explains. "R&B is rhythm and blues, it's supposed to hit you here [pounds her chest]. Blues music is people talking about what they are going through. Think of John Legend. If John Legend can put the ... record out, how you gonna tell me people won't take to my Fantasia's album, I like her album because it's something different, pop or whatever, but she did R&B. It's music that people like Marvin Gaye and Diana Ross listen to. I feel like we should be a little more diverse. Some of these songs, they aren't moving you here! I want somebody to talk about


that I'm dealing with, like, "B-A-B-Y!", that's my anthem, "my breath?" uh, "I need a hood dude?" It's just too much. It's good music, but it's not R&B. I can't tell you what it is, but I sure couldn't tell that 'Ordinary People' was one of the first people get a chance to listen to it. My children are 9 years old, they run around here singing that song."

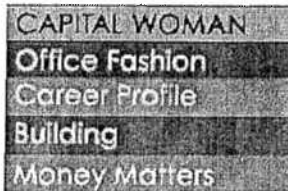
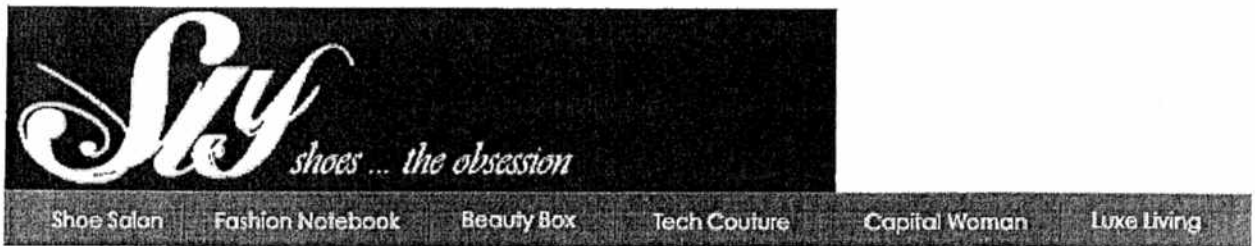
But still, Moses sits tight. She doesn't turn her back on them and "talk crap about them after things don't go right." No one knows exactly what to be thankful for and how to pick out the good in every bad situation. She's purchased a new house in Altadena, California, and continues to tour and put her life there, one step at a time. She continues to write songs about something, without reaching for hits for the sake of being happy," she says, "I'm content, I have a wonderful life straight. I'm good. Everything happens in due time. Even in their position and I play mine."

◆ Mariel C.

Photography: Edith Laflamme

Hair & Makeup: Desiree Diggs for Epiphany Artist Group

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LADIES WHO LAUNCH LIVE, NYC

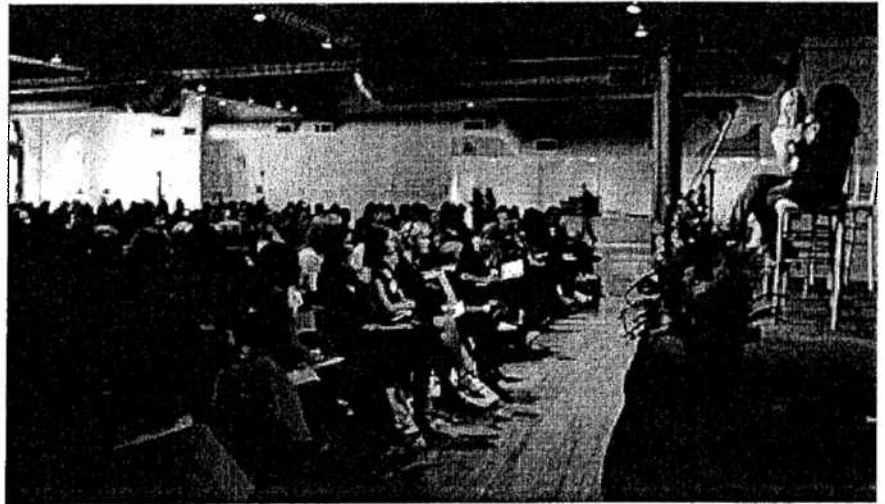


Founders of LWL Victoria Colligan and Beth Schoenfeld

Women with privately held businesses are growing in record numbers. With numbers growing everyday, there is a need for a forum where women may discuss issues, lend services to other lady-launchers and there is just an org bringing these ladies together around the world. Ladies Who Launch (LWL) is joining women together through frequent profiles sent via email to all members, introducing a specific Ladies Who Launch member and her business.

With a listing of over 10,000 members launching in every field you can imagine, brought their networking event, "Ladies Who Launch Live", to New York City in October. Lunch was provided and there were plenty of goodies distributed throughout the day from cookies and wine to goodie bags and shoes.

The event "entices the creative female and functions as a motivational and co platform for women to maximize entrepreneurship as a lifestyle and serves as help women propel new business and creative projects forward", says Public representative, Jori Victor, who promoted the event.



With women vendors selling goods and services, speakers sharing stories of success, offering advice and encouragement, the event brought the networking from conversation to a live bazaar of sharp thinkers and innovative minds. Hundreds of women came out to gain perspective and motivation from speakers and members.

Speakers of the day included Paula Froelich, "Page Six" reporter, Beth Ann Catalano and Tina Hedges, Founders of Twist New Brand Venture and VP's of product, Kathy Freston, Award Winning Author, Pam Liebman, President & CEO Corcoran Real Estate, Lara Mehanna, Online Marketing Expert, Janelle Elms, Lead Instructor for EBay University.



Speakers Beth Ann Catalano and Tina Hedges, Founders of Twist New Brand Venture and VP's of Jonathan product

One speaker, Stephanie Leffler of Monster Commerce, shared how this entrepreneur right out of college would change voices as she "transferred" call from "departments" of her 3-man business during the seed stage of the company. Stories of struggle uplifted the crowd and gain perspective to some. One member said, "I did the voice thing at the beginning of my online business and felt like such I can't believe other people do it, too."

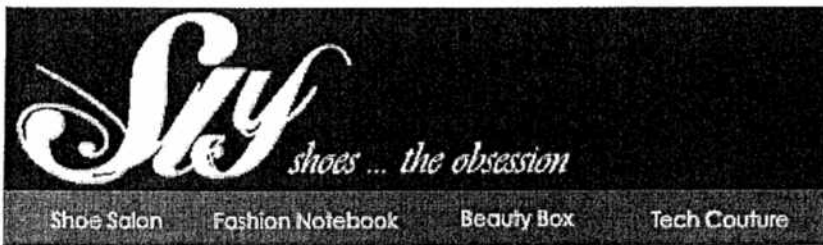
There are no doubt the marveling speakers were Tina Hedges and Beth Ann C

Twist New.Brand.Venture. Hedges & Catalano started a brand incubator company that brings brand concepts to life by managing everything from venture capital to defining creative development of the product to manufacturing and distribution. The company is responsible for launching the highly acclaimed haircare line JOI Product as featured on Bravo TV's hit reality show, Blow Out. Women lined up at the end of the event to gain feedback on their business ideas from Hedges and Catalano with hopes for future service from the duo.



Women in real estate, fashion, design, media, internet technology, jewelry, marketing industries, to name a few, shared struggles, networked and set up shop to help support each other's company. The energy of the event was inspiration minded women dispersed at the event's end with a sense of community in their hearts and a renewed spirit.

For information on when LWL will be in your area and for more information on the organization, visit www.ladieswholaunch.com.



CAPITAL WOMAN
Office Fashion
Career Profile
Building
Money Matters



Images.com/Corbis

Money Matters, Get Your M Right and Your Money Rich

It's that time of the year again. That time when Americans get over-excited about our potential returns, as if this were free money the government is giving us. Why are we so grateful for money that we have factually earned during the past calendar year—money that by rights is ours anyway? Especially when—let's face it—a number of us know all too well—those little green bills from Uncle Sam never stretch as far as our imaginations can reach. In fact, we usually start in the first quarter of the year planning how to maximize our returns and, before you know it, that little green bill has been spoken for before the check even arrives in the mail. But don't despair—not yet at least. Best-selling author Eric Tyson (*Mind Over Money: Your Path to Financial Freedom and Happiness*) has three tips to help you gain control of your spending and keep that percentage of your annual income, perhaps for that rainy day you are always contemplating.

"The key to breaking your overspending is to become aware of how much outside messages influence your spending," Tyson says. "Many messages in our society—the Joneses—tell you that you must spend, spend, spend to project a successful image. Those who live within their means, debt free and within their means tend to coast under the radar. That's too bad. Those are the people we should emulate, not the ones who always have the latest gadgets, the trendiest wardrobes, and the most credit cards."

So, before you earmark your tax stash on the latest Betsy Johnson bag you've been eyeing, take a step back to assess your relationship to spending—and to your wallet. To help you on your way, here are three common mistakes" Tyson suggests you begin tackling first.

Mental Mistake #1: Thinking that consumerism is the American way—that everyone does it.
The Remedy: Realizing that you don't have to follow "everyone."

No wonder racking up credit card debt seem to most Americans. Even our government has money it doesn't have. But we all know credit cards with their astronomical interest rates bleed us dry and prevent us from building a nest egg, and lead to stress and anxiety. Tell yourself, if that's not normal, it's rather be abnormal. According to Tyson, "It's a hypothetical question Mom always posed, 'If you're jumping off the Empire State Building, do you mean you should do it, too?' First of all, everyone lives with debt. But even if they don't, the herd is headed off the cliff, you'd be a fool to go along."

Mental Mistake #2: Assuming you have to have a shiny new car.

The Remedy: Imagining how good it will feel to shell out that \$400 each month. Keep your car for as long as you can. "I may be one of the few people in the world who finds it financially unwise to have a monthly car payment," says Tyson. "I truly believe that you should save up enough money to pay cash for a car. All you can afford is a used car, so be it. Is driving really so important? Wouldn't that monthly payment be better spent saving for retirement, setting up a college fund for the kids, or even taking a memorable family vacation?"

Mental Mistake #3: Believing that money equals happiness.

The Remedy: Trying on a more modest lifestyle for a year.

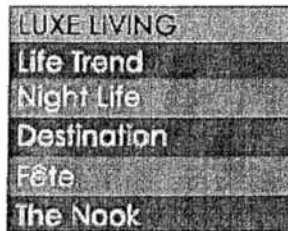
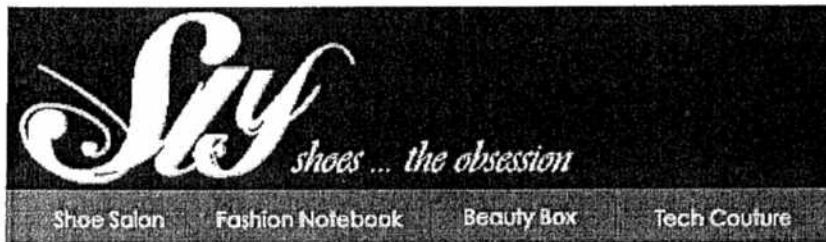
Seeing really is believing. If you are working to death to pay for the large home, the gas-guzzling SUV, and the gargantuan TV screen, on so many occasions you probably believe these are necessary ingredients for happiness. But are you happy living this lifestyle? Really? Downsize the spending for a year, say "I promise that once you try living with an efficient car, cooking instead of dining out five days a week, and paying with cash, you'll realize that you're just as happy as you were in your free-spending life, in fact, you'll be happier. Less money and more time spent at home with your family and friends. The 'sacrifices' seem inconsequential."

Healthy financial habits begin when you make conscientious decisions instead of letting peer pressure dictate how you're going to live. Tyson explains. "If you're spending to impress your neighbors, your coworkers, or your clients,

doing it for the wrong reasons. They won't be the ones who are 80 because you spent all your money. You will. Make a big change now. When you open those tax forms, you can find out about what you earned and where it went. Hopefully, you'll feel even better about what you're going.

Eric Tyson is a former financial counselor. He is the best-selling author of the new book *Mind over Money: Your Path to Wealth and Happiness* (Crown, 2006).

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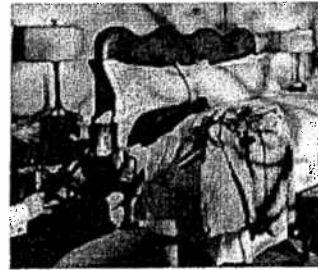
Luxe Life

Log Homes



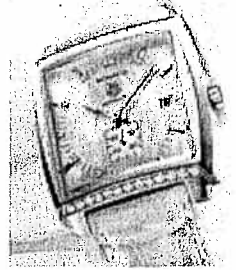
Log homes may initially conjure up images of granny boots and petticoats...

Sedona



This Valentine's Day, go for a change in your environment and opt out of the chocolates and the dinner...

Tag Heuer

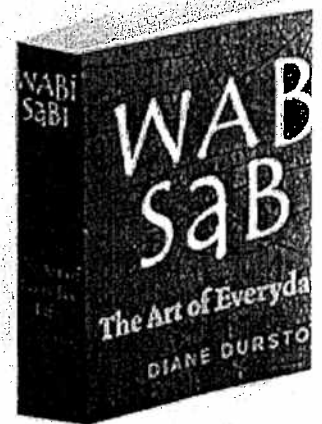



Tag Heuer gathered New York's chices their glasses in cele women...

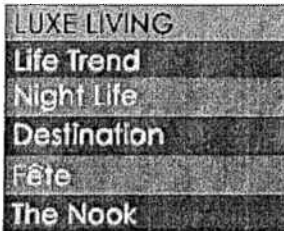
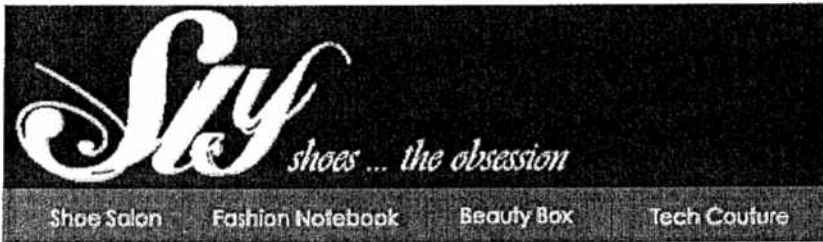
The Nook

WABI SABI

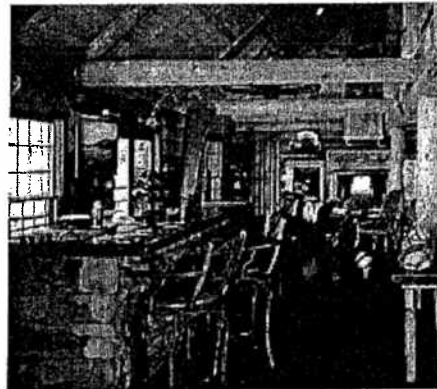
If you believe in filling your home with tranquil objects to create a serene environment, "Wabi Sabi", by Diane Durston, should be close at hand. "Wabi Sabi" is a perspective formulated in Japan translated in this miniature book through the knowledge of philosophical icons through the ages. It is a collection of wisdom from a multitude of cultures across a range of time reminding readers of the beauty in simplicity. "Wabi Sabi" is a fulfilling read you may continue to return to for renewed inspiration.



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Log Homes



Bar with 14 ft-high posts



Kitchen

Log homes may initially conjure up images of granny boots and petticoats. On the contrary, modern log homes, which are exactly what they sound like, are made of individually crafted logs. These "couture homes", are as modern and luxurious as a Miami Beach condo. So it is no surprise that while more and more women are purchasing homes, the home of choice are log homes.

Depending on the scale of the log home, they can feature theater rooms and hand-crafted details in the Master Bedroom. One log home company refers to its modernizing approach as "Lincoln meets Gucci Rustic." Log homes have long shed their Little House on the Prairie flavor and graduated to the ultimate in luxury space rivaling most homes seen on MTV. They can be built to maintain the structural integrity of traditional log homes as well as display the latest trends in technology and design in new home construction. With features like translucent fireplaces in the master bedroom, 14-ft tall hand-carved wooden beams in the living room, women are spoiling themselves. The best in home development for long months with friends by the fireplace.



Movie Theatre



Living Space

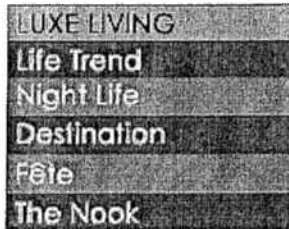
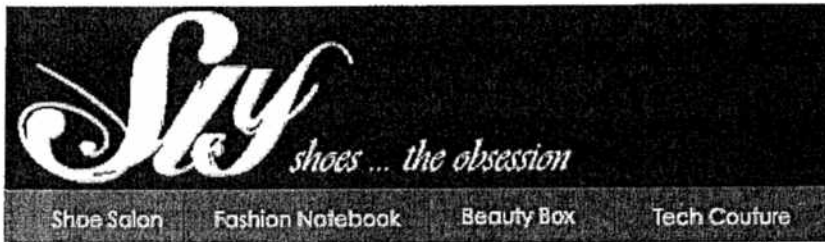
Aside from the luxury aspect of these log homes, the environmental friendly aspect of these meticulously hand-made domiciles. Along with built with primarily natural products, the wood in luxury log homes have the natural ability to insulate the home, thereby eliminating the need for extra heating during the winter months which translates to less of a strain on natural resources and lower energy costs.



With the recent real-estate boom, the popularity of log homes has risen. About 26,000 log homes are purchased a year, which has increased significantly from 15,000 a year in the 1980s. The trend in developing dream homes have come out of a need for an oasis away from the city music but still near enough to enjoy the environments easily. These log homes are manufactured and built in New York, Vermont, Hampshire, Colorado and Pennsylvania in rural areas where expansive land is available but are not too far from major cities.

So when you are looking for your home, think of the Chanel riding the fireplace with a glass of rose in hand, and pursue your dream log home.

For more information on building a log home contact Scott Rouleau, 860.677.1234
Regine Lahens

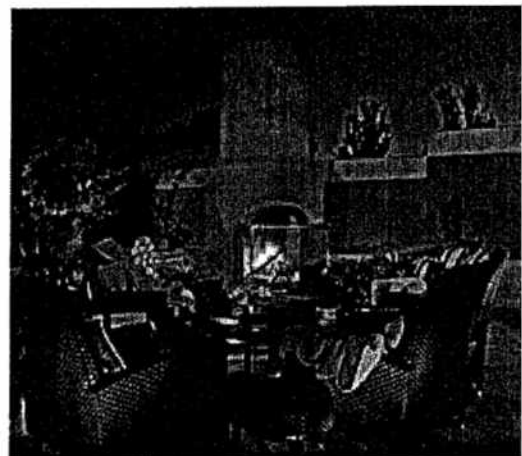


Destination Sedona, Arizona



Cathedral Rock

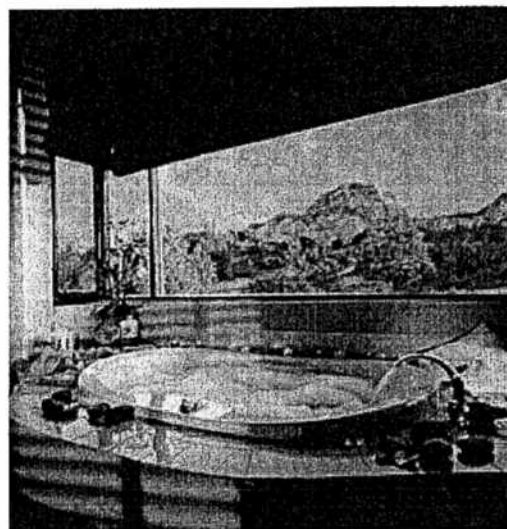
This Valentine's Day, go for a change in your environment and opt out of the chocolates and the dinner. Surprises are overrated so try a new strategy. Let him know that you want to get out of town and plan a trip to Sedona Arizona's Sedona Rouge Hotel & Spa.



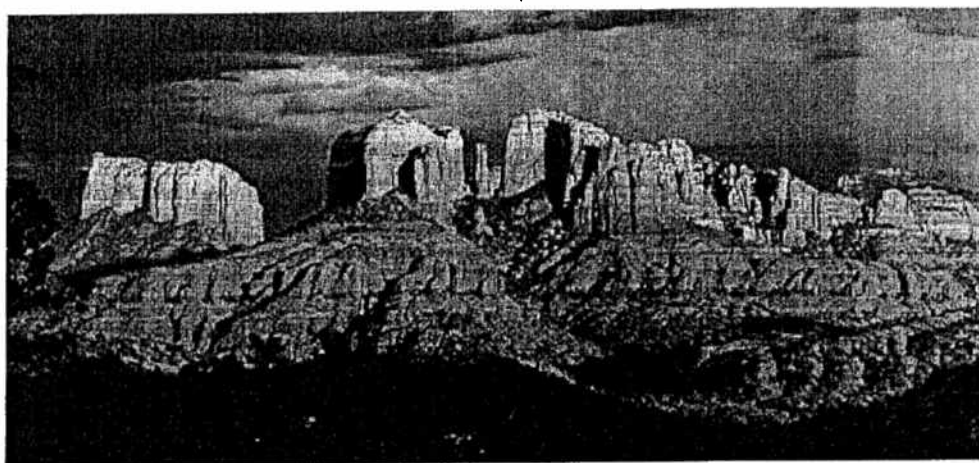
Cozy Fire Patio

Set amid the Red Rocks of Sedona, this hotel and spa includes "walk-in rain-forest" showers, perfect for two; a fireplace patio for an evening of cuddling; and the Reds Restaurant & Bar where the chefs are European-trained experts. This postcard-perfect destination will make for a memorable Valentine's Day.

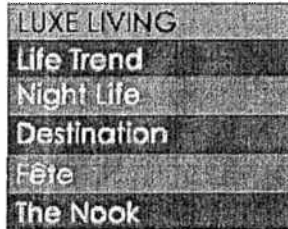
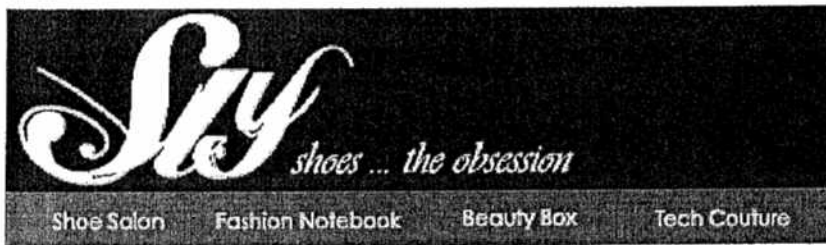
Romance blossoms in the absence of the ordinary. Go hiking, exploring, sightseeing amongst gorgeous terrains and get to know each other again san television, city crowds, or daily schedules. Spend hours at the luxury spa on the premises which offers pas de deux massage and outdoor showers. Together you can make it the ultimate gift to each other.



Spa Bath Bubbles

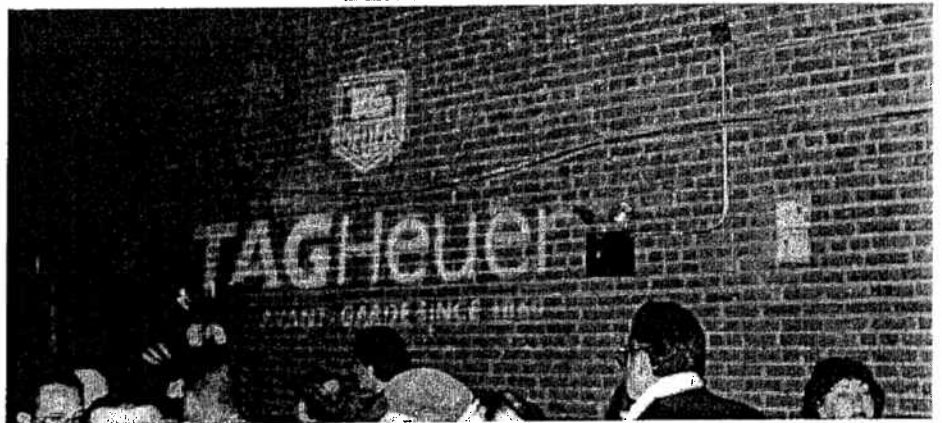


Cathedral Rock



Tag Heuer

BEAUTY & STRENGTH



Dita von Teese performing

In September, Tag Heuer gathered the best of New York's chicest to raise their glasses in celebration of the photographic exhibit featuring a mosaic of women from 15 different countries. Elegance and style rose into the air at Waterfront in flowing gowns and studded glam to applaud the works of 15 infamous photographers of 15 influential women of the same country.

Uma Thurman hosted the event while Dita von Teese performed, photographed by Mary Ellen Mark both representing the United States, put on an unforgettable burlesque performance. Guests also included actress and rapper and actress Mira Sorvino.

The exhibition will tour the world through the era at which time the prints will be auctioned. Proceeds from the auction will be donated to a charity dedicated to promoting women's full participation in their society and achieving gender equality. Two collections



THAILAND: Areeya Chumsai,
Writer and Model, photographed by
Luckana Virunanon

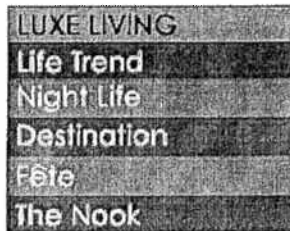
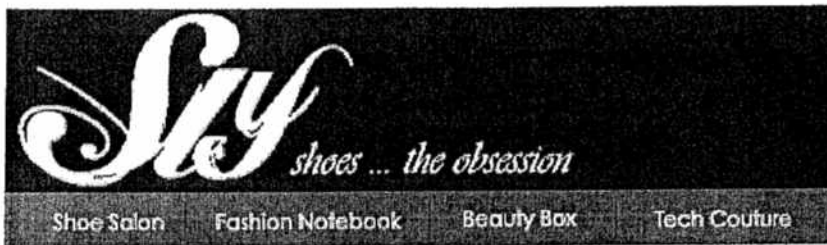
designed to commemorate "beauty" and "str
avant-garde women.



UNITED STATES: Dita von Teese,
Artist, photographed by Mary Ellen
Mark



ARGENTINA: Karina Rabolini, Spouse of Vice President,
photographed by Andy Cherniavsky




Moroccan Nights

Travel to the Mediterranean without leaving the city but you must arrive in high style. Loft Restaurant and Lounge is the Upper West Side's hotspot for the chic and sexy. This Moroccan influenced cuisine serves exotic dishes with Asian remnants that truly satisfy the palate. The downstairs lounge with its cocoa vibe plays intimate hostess to guests on Thursday, Friday, and Saturday nights. Cool out and enjoy a martini with the sensationally fashionable who still happen to be in town. If you get a chance, say 'coucou' to the incredibly handsome and distinguished French-speaking manager.



Inside The Loft
Restaraunt and Lounge
505 Columbus Ave
New York, NY 10024

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SLY BLOG

TIDBITS FROM THE FASHION WORLD

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BLOG ARCHIVE

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TUESDAY, FEBRUARY 20, 2007

De Ja Vu?



Left: Madonna modeling one of her designs from her line for H&M. Right: Project Runway alum Kara Janx's iconic kimono dress.



De ja vu? I immediately saw Kara Janx's kimono dress when I saw Madonna's design today. But this is just one example. There's a whole world of knocking off in the fashion industry that runs from flat out blatant to subtly influenced-- and sometimes things fall somewhere in between.

Personally, I lean more towards believing that knocking off is bad news and a violation of intellectual property. Since it goes unpunished, it can remove incentives for creativity. But there's a flip side to every coin. In addition to arguments that knock offs help to eliminate social stratification by making trends available to people at all different price ranges, I can argue that fashion is an art that is derivative and for it to advance people need to steal ideas from others.

Where do you weigh in?

Image Sources: 1, 2

POSTED BY SLY MAGAZINE AT 7:38 PM 1 COMMENTS

LABELS: [KARA JANX](#), [KNOCK OFF](#), [MADONNA](#)

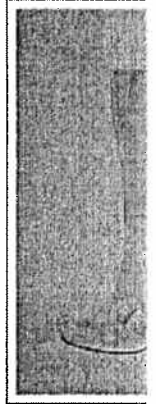
WEDNESDAY, FEBRUARY 14, 2007

Too Good To Be True??

On a particularly freezing shopping day on Boston's beloved Newbury Street at the end of December, I stopped in Thom Brown, which I'd come to regard as a

trendy shoe store overshadowed by its neighbor (and my personal love) Jas Shoes. I stopped in mostly for the promise of a heated space, hoping to regale my fingers before embarking on the perilously long trek to my meal spot Prudential. As it turned out, I had greatly misjudged Thom Brown on my pr

My eyes immediately went to a pair of brown boots. They had the perfect amount of height, the perfect buckle, the perfect color. I picked them up and braced myself for a hefty price tag. Wrong, again. \$89. "Um, what?" I furiously scanned them for defect. Their workmanship must be shoddy. They would certainly fall apart within days, hours even. Walking in them must feel like walking on hot coals. They had to be too good to be true.



The inconceivably low price almost dissuaded me from purchasing them. In fact, had it not been for my long-time shopping buddy Laura's insistence that though the price was concerning, the genuinely good deal, I wouldn't have bought them.

Over a month later, the boots have proven themselves time and time again. They look good with skirts. They look good with pants. Everyone compliments me on them frequently with clauses such as, "they must have cost a fortune, huh?" And in a test of durability and comfort, both the boots and my feet survived a night of Eve barhopping and my subsequent romp through a garden (...don't ask...).

I find it incredibly ironic that I almost didn't buy these boots that are now a wardrobe because I deemed them too inexpensive, but the reality is that a lot of times a low price tag has been a correct indicator of poor quality. Have you had a similar experience? Have you come across price tags you've thought had to be true? And were they?

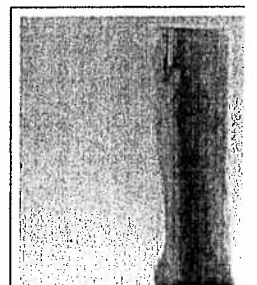
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LABELS: BOOTS, THOM BROWN

SATURDAY, FEBRUARY 3, 2007

Hello, Lover

You know that classic Sex and the City scene where Carrie runs up to a shop window featuring a beautiful pair of heels and says, "Hello, lover." In my opinion, there's a reason that scene is played and replayed when TBS advertises SatC reruns. Okay, more like three reasons... 1. Nothing in it needs to be censored. 2. It very much captures



Carrie's character. And, (my point!) 3. It's utterly relatable. Who hasn't four whispering sweet nothings to a particularly gorgeous pair of shoes?

In terms of what's in my closet, I feel that way about my vintage polka dot Charles Jourdan pumps. But my current shoe crush is on these Christian Louboutin platform knee boots.

What about you? What shoes are you lusting after? And what are your favorites in your closet?

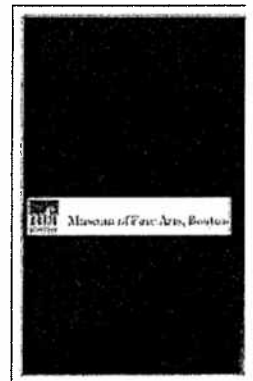
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LABELS: BOOTS, CHARLES JOURDAN, CHRISTIAN LOUBOUTIN, SEX AND THE CITY,

WEDNESDAY, JANUARY 31, 2007

Fashion Show: Paris Collections 2006

Few of us are lucky enough to experience the Paris fashion shows firsthand, but not to worry. The Museum of Fine Arts, Boston, has transported some of the glitz and glamour of these high fashion shows to stateside residents with their exhibition, "Fashion Show: Paris Collections 2006." The exhibition, which runs through March 19th, includes looks from top designers such as Viktor & Rolf, Karl Lagerfeld for Chanel, Christian Lacroix, Valentino, and John Galliano for Christian Dior.



I visited the exhibition, and I couldn't help but be disappointed by its short length. This may actually have been more a reflection of its overall strength as a show, but it left me wanting much more. Although the garments themselves were breathtaking, the most striking and valuable part of the exhibition for me was the captivating and accessible commentary on the fashions.



Fashion lovers will also want to check out the Fashion Photography exhibit at the MFA (open through March 25). Substantially less crowded and every bit as impressive as its Paris Collections counterpart, the exhibition presents a look at the beautiful intersection and evolution of photography and fashion over the past 100 years. Keep your eyes peeled for a photograph featuring a then-unknown Uma Thurman.

More information on both Fashion Show and Fashion Photography can be found at the Museum of Fine Arts, Boston, website at www.mfa.org.

POSTED BY SLY MAGAZINE AT 2:38 PM 0 COMMENTS

LABELS: BOSTON, CHANEL, DIOR, MUSEUM, VALENTINO

WEDNESDAY, DECEMBER 20, 2006

The Prettiest Face in Hollywood

As I sat at a show in NY this past September, I overheard a fashion writer say to an editor, "I think Nicole Mitchell (Eddie Murphy's ex-wife) is waaay prettier than Halle Berry". I was outraged. As mediocre as I believe Halle Berry's acting is, despite I think she is one of the prettiest faces if not THE prettiest face in Hollywood. I'm trying to place Nicole Mitchell as a celebrity, far from it. But it got me thinking about the prettiest faces in Hollywood are. Who gives Halle competition? Catherine Zeta-Jones—you cannot deny her soft brown eyes under all of her dark features.. Charlize Theron—come on, everything is just in the right place and proportionally pretty; Natalie Portman—anyone who chops their hair off and is even more beautiful; well, I hated her for just a split second; and, the last of my top 5, Lucy Liu—who knows who has freckles and is fierce at the same time?

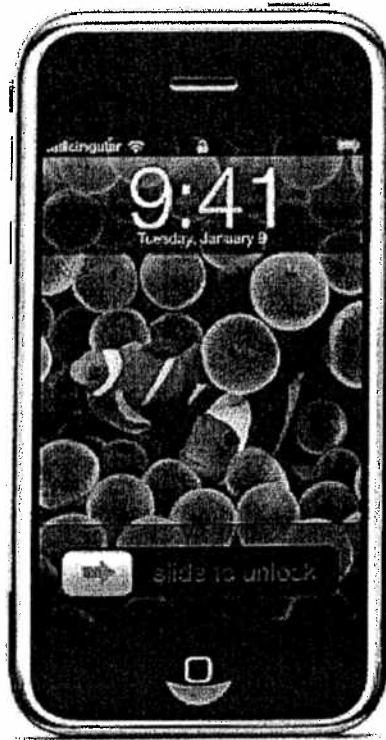
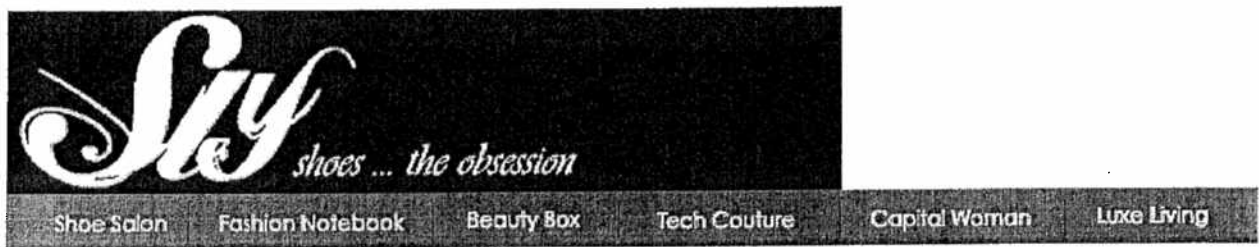
The men are a tougher bargain but I settled on 5. I hate to choose the obvious one, but the first time I see him in a movie, Ocean's 12, Mr. and Mrs. Smith, I can't resist the thought "Brad Pitt is one good looking fella"; Ashton Kutcher—isn't he the new Warren Beatty?; Pierce Brosnan—he has officially replaced Sean Connery; Keanu Reeves—there is a reason why they like to team up Keanu and Charlize; and Jude Law—the chin is always a winner.

Who ranks in YOUR top 5?

POSTED BY SLY MAGAZINE AT 5:47 AM 4 COMMENTS

LABELS: BEAUTIFUL, BRAD PITT, CELEBRITIES, PRETTY, RANK, TOP

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Courtesy of Apple

Apple Has Done It Again!

We've all done it a zillion times. You are shuffling through your bag in search for your mp3 player on the subway platform, the other hand desperately clutches your bag and your cell phone. You think, 'when will the communication innovators release a device that features all our favorite gadgets in one'. Well wait no more. The innovators at Apple have done it again with the new iPhone.


It is time to trade in your smart phone for the new iPhone. It combines a smart phone, an iPod, and internet access (with desktop class speed) in one. With a design as sleek as the iPod, an LCD screen that is wide, and an interface that mimics the Mac menu interface, the new "it" toy you will need to bear.

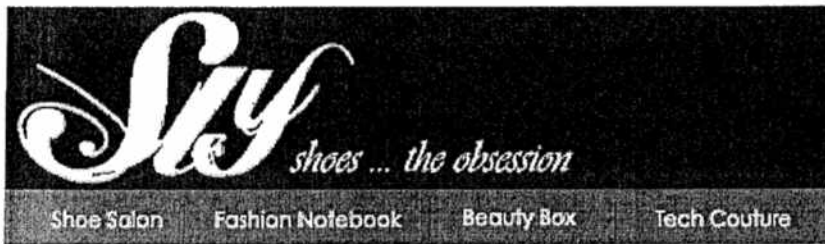
It includes a large multi-touch display, a QWERTY soft keyboard, you can easily send and receive messages in multiple sessions, and it syncs up all of your contacts from your PC, Mac, or internet service to your phone. But our favorite feature is, by far, the visual voicemail capability.

If you abhor receiving voice messages and being glued to your phone as you listen to every mundane message, this feature will save you the hassle of having to pay \$200 to get out of your current provider's contract and switching to Cingular*. You can view a listing of your voice messages and select which messages to listen to immediately while skip the rest. It's something we did not even realize we needed. Thank you Apple!

*Cingular is the exclusive carrier of the iPhone.

*For more details on all that the iPhone has to offer, visit www.apple.com

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Reservation for One



© Ronnie Kaufman/Blend Images/Corbis

St. Valentine's Day is creeping up yet again and you not decided how you will spend the day. If there is no currently in your life and Mr. Right Now is definite attractive option, consider celebrating Valentine's Day this year. Spending V-Day alone certainly is uncommon this time of year we are barraged with images of adorable bearing flowers, diamonds, lingerie, and chocolates that all too easily succeed in their mission: command us not to spend Valentine's Day alone if we can help not think of yourself as second best if you do not have someone. Make the choice to spend this day with deserving person imaginable—you. Because really, why better than you do what a perfect day requires! To along Sly put together some suggestions to make Valentine's Day one of your most memorable, even have that adorable flower-wielding guy with whom you spend your day. A note of warning, however: you may not want all of these at once, unless your bank account can handle much love in one day! And you absolutely will not want all of these at home!

Take It Off

You have managed to juggle work, a personal life, and an abundant social life. Your reward for all of this is a day off. Turn off that alarm clock and sleep in late. That's the day.

Go Take a Hike

Go for a walk, pick up flowers for your home, or go see that flick you have been dying to see.

Buy, Buy Birdie

Go shopping at your favorite boutique or department store for that little treasure you have had your eye on. Go ahead and splurge on those awfully expensive shoes or that studded ring you've been admiring for weeks. Who told you just what you wanted!

Spread the Love



© Tim Pannell/Corbis

Send a bouquet of flowers or a box of chocolates to your friend or to someone whom you know is also opting Valentine's Day pampering their self. Attach a card. Doing something nice for someone else will also be riding that high.

Flower Power

If you must go to work, order yourself a bouquet of your favorite flowers to be delivered to you at the office before Valentine's Day. Doing something nice for yourself should not be considered desperate. And, who knows, you might just receive another bouquet from someone else. girl!

Lunch Special

Tell your lunch buddies you will take a rain check. Indulge yourself by getting a manicure, pedicure, massage, or a European facial.

Room Service

Decide to pick up or have your favorite take out food. Go home and curl up on the couch with your favorite good book.




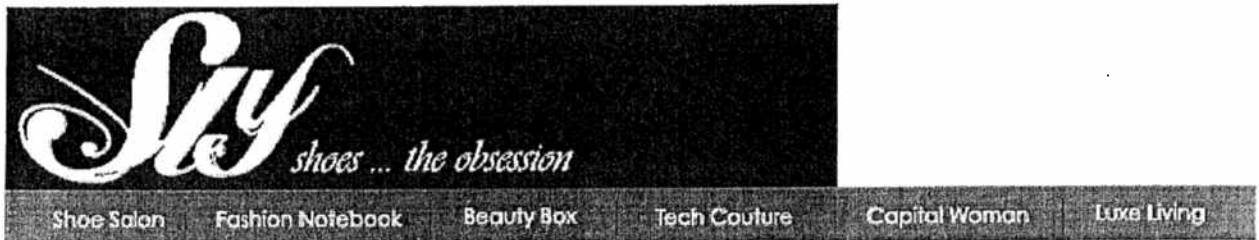
© Brooke Fasani/Corbis

Slip Into Something More Comfortable

The best part of your day will be how you end it. Or run yourself a bubble bath. Be sure to light aromatic candles. Submerge yourself into the warmth of the water and sip of your favorite wine. Relax in silence or to the tune of your favorite CD. Slip on your favorite pair of pajamas. Lingerie you have been saving for a special occasion. Sexy does not require a partner—just the right state of mind. Some silky PJs never hurt!).

For those of you who scoff at Valentine's Day (after all, it's just a Hallmark holiday propped up to get us through this wintry spell between New Year's and springtime?), banning the humbug this year and giving in to your less-than-nature. Whatever your inclination, make the day your own. We guarantee you will not regret it.

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The Panty Exchange

I received a letter in the mail one day and anxiously opened it, reveling in the excitement of receiving something that was not a bill or junk mail. (The handwritten address on the envelope tipped me off.) One of those joys in life for me is receiving personal letters in the mail. It's a practice that has become quite archaic and, as charming and double the pleasure.


The letter was from my friend, Chloe, inviting me to join The Panty Exchange. Participating in the exchange, you can receive 36 free panties. Slightly intrigued, I read on to find out how the exchange worked. I had to send one panty (new, of course; you'd be surprised how many people asked me that) to a person whose name and address appeared at the bottom of the letter. I said to myself, I'm sending a perfect stranger a panty, but I've always been a team player, so I said, "Okay ... I'm going to send the cutest pair!" Everything is a competition with me. I would stay away from the obvious places to purchase a pair and look for decorative, girly brands. I was a brief kind of gal.

That's it! The fun part was the hard part. Next, I readdressed the same letter to 6 of my most playful friends, removing the name and address of the person who had sent the letter to me and adding my own. Now I would need to send one panty each to Chloe, make six copies of the letter, and send them to 6 of the friends. All I had to do was sit back and collect my panties as they arrived in the mail.

So, how do you receive 36 new panties? It's really simple arithmetic: you will be receiving panties from 6 friends of each person to whom you sent the letter. Six times six is 36. Gosh, I wish there was a bra exchange.

Toodles!
Brooke Noble

Interested in starting a panty exchange with your friends? Email us at pantyexchange@slymagazine.com for a copy of the letter.

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